

Rural District of South Westmorland

ANNUAL REPORT

OF THE

Medical Officer of Health

FOR THE YEAR

1970

Stricklandgate House, P.O. Box 18, Kendal

Telephone Number: Kendal 23502

KENDAL

TITUS WILSON & SON LTD.

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NATURAL AND SOCIAL CONDITIONS OF THE DISTRICT.

Area of the Rural District in acres	151,007
Population at 1961 Census	18,849
Population (Registrar-General's mid year estimate)	21,440
Inhabited Houses	7,649
Rateable Value	£750,647
Product of a Penny Rate	£7,104
Rate in the Pound levied	52p-59p
of which the County Rate was	46p

The Rural District of South Westmorland is a pleasant rolling countryside which rises from sea level in the south to nearly a thousand feet in the north. The shore-line extends for about 14 miles along the estuary of the River Kent, flat and marshy in the north, but with picturesque wooded slopes in the south.

The District is divided into three main valley areas by the two ridges of Scout Scar and Killington, which run north and south across the centre of the southern portion of Westmorland. On the west lie the Winster and Lyth valleys, in the middle lies the valley of the Kent, and on the extreme east lies the Lune Valley.

The dividing ridge of Scout Scar is sharp and barren, but the larger watershed which runs from Hutton Roof in the south to Whinfell in the north is rolling upland more suitable for agriculture. In the extreme north of the District is the high barrier of the central massif of Westmorland. These geographical features determine the natural lines of communication and therefore the spread of infectious diseases.

The geology of the Rural District is sharply divided by the great fault which runs from Kendal in the north to Burton in the south-west and Kirkby Lonsdale in the south-east after branching near Crooklands. The country in the north-east of this fault consists of Kirkby Moor Flags in the Upper Ludlow Series of the Silurian System, with appreciable deposits of glacial drift. The rocks to the west of the fault are carboniferous limestones, with some of the Yoredale Series in the extreme south. The valleys contain some alluvial deposits and some glacial drift. These geological characteristics are of great significance in the supervision of water supplies, sewerage and occupational diseases as well as affecting the economics of the District.

The climate is mild and equable, though invigorating on the uplands. The valleys are sheltered from the prevailing westerly winds, and their southern aspects provide full access to sunshine. Temperature gradient inversions are occasional in spring and autumn but are soon dispelled in the mornings. The rainfall varies between 40 and 50 inches a year

and light falls of snow may be expected for one or two weeks in the late winter.

The District is mainly agricultural in character and many of the small local industries and crafts are ancillary to agriculture. There are also the following industries which provide much employment and bring prosperity to the villages: paper and woollen mills, stone and diatomaceous earth quarries, factories for making combs, mats, cardboard boxes, photographic materials, furniture, and tarmacadam, wood turning, tinned foods, and milk depôts.

In addition to these local industries the District receives seasonal tourist business at Arnside, Kirkby Lonsdale, and those northerly parts of the area which lie within the Lake District. The variety of these opportunities for local employment has stopped the drift from the countryside and has kept South Westmorland happily free from unemployment which is a most important factor in the maintenance of public health.

STAFF.

Name.	Qualifications.	Office.	Whole or Part Time.	Other Offices.
Madge, F. T.	M.D., Ch.B., M.R.C.S., L.R.C.P., D.P.H.	Medical Officer of Health	Part	M.O.H. Combined County Districts of Westmorland
Ball, G. H.	F.R.S.H. C.S.I.J.B.	Chief Public Health Inspector	Part	Building Surveyor Housing Manager
Aldersley, W. H.	M.A.P.H.I. C.S.I.J.B.	Deputy Public Health Inspector	Whole	
Rae, F. E.	C.S.I.J.B. M.A.P.H.I.	Additional Public Health Inspector	Whole	
Moss, H.	—	Clerk	Whole	—
Beveridge, K. A.	—	Clerk	Whole	—
Machell, B. M.	—	Clerk to Medical Officer of Health	Part	Clerk to M.O.H. Combined County Districts of Westmorland

Staff Changes.

There were none during the year.

VITAL STATISTICS

The following extracts are made from information supplied by the Registrar-General, with figures for last year for comparison.

Area of the Rural District in acres 151,007

	1969	1970
Estimated civilian population (mid year) ..	20,920	21,440
Live Births. Legitimate— males	144	124
females	123	105
Illegitimate— males	10	8
females	13	5
Total	290	242
Crude Rate per 1,000 population	13.9	11.3
Corrected Rate per 1,000 population	17.0	13.8
Birth Rate for England and Wales	16.3	16.0
Illegitimate Birth Rate per 1,000 live births	79	53
Still Births. Legitimate— males	—	3
females	2	2
Illegitimate— males	—	—
females	—	—
Total	2	5
Total (live and still) births ..	292	247
Rate per 1,000 total (live and still) births	7	20
Rate for England and Wales ..	13	13
Deaths. males	124	120
females	121	128
Total	245	248
Crude Rate per 1,000 population ..	11.7	11.6
Corrected Rate per 1,000 population	10.2	9.9
Rate for England and Wales ..	11.9	11.7

	1969	1970
Infantile Deaths (under 1 year)		
Total deaths under 1 year.. ..	4	4
Rate per 1,000 live births	14	17
Rate for England and Wales	18	18
Legitimate	4	3
Rate per 1,000 legitimate live births	15	13
Illegitimate	—	1
Rate per 1,000 illegitimate live births	—	77
Neonatal Deaths (under 4 weeks)		
Total neonatal deaths	4	1
Rate per 1,000 live births	14	4
Rate for England and Wales	12	12
Early Neonatal Deaths (under 1 week)		
Total early neonatal deaths	3	1
Rate per 1,000 live births	10	4
Rate for England and Wales	10	11
Perinatal Mortality		
Stillbirths and deaths under 1 week.. .. .	5	6
Rate per 1,000 total (live and still) births	17	24
Rate for England and Wales	23	23
Maternal Mortality		
Total Deaths	—	—
Rate per 1,000 total (live and still) births	—	—
Rate for England and Wales	0.19	0.18

Deaths from certain causes:—						1969.	1970.
Cancer	...	...	...	...	...	44	42
Measles	...	...	...	...	...	Nil	Nil
Whooping Cough	...	...	...	...	...	Nil	Nil
The main causes of death were:—							
Heart Disease	...	...	...	...	...	...	112
Cancer	...	...	...	...	...	...	42
Cerebro-vascular disease	...	...	...	...	...	...	23

COMMENTARY ON THE VITAL STATISTICS.

Population.

The population at the 1961 Census numbered 18,849 persons, made up of 9,209 males and 9,640 females, an increase of 1,073 since the previous Census held in 1951.

I am cautious about interpreting the census figures too literally, but the general impression remains of about 6% growth of local population during the preceding decade, equally divided between immigration and our own excess of births over deaths.

Since the 1961 Census, the Registrar-General has estimated a steady annual increase in our population, leading up to the 1970 mid year figure of 21,440.

We have a much higher proportion of elderly people in our community than in most other districts. The average percentage of people over 65 years of age in England and Wales was 11.9% at the 1961 Census, and the average for Westmorland was 14.9%; South Westmorland Rural District had the higher figure of 15.2%. It means that the younger age groups will have to keep awake to provide the community support which elderly people need to make their survival achievements worthwhile.

Alongside the natural fecundity of the population and its residential attractiveness to immigrants, there has been a parallel increase in the number of houses. It is the long-term trend of population which is important for the planning of your future housing, water and sewerage requirements, and for the broader issues of the economic prosperity of your District.

We now await with great interest the results of the 1971 Census to round off the history of our Rural District before it disappears with the proposed local government reorganisation in 1974.

Birth Rate.

The local birth rate fluctuates slightly each year on either side of the national average.

Death Rate.

Your corrected death rate was below the national average.

PREVALENCE AND CONTROL OF INFECTIOUS AND OTHER DISEASES.

The general incidence of illness can be assessed by the weekly number of new claims for sickness benefit at our local National Insurance office. A logarithmic graph of these figures shows a regular seasonal pattern over the years, and any variations are usually worth investigating. The general trend is some measure of the local community health.

Under the Public Health (Infectious Disease) Regulations 1968 which became operative on 1st October 1968, Acute Meningitis, Infective Jaundice, Leptospirosis, Tetanus and Yellow Fever were added to the list of diseases to be notified. Pneumonia, puerperal pyrexia and Erysipelas are no longer notifiable.

I am most grateful to my colleagues in general practice, and in the hospital services, for their prompt help in notifying infectious diseases. The control of the more serious of these illnesses is one of the most important duties of our department.

Measles was the main feature of 1970, and it came in May and June, mostly in the Lyth Valley area.

Immunisation against measles is still too recent to assess its results in our own locality. But we are hoping that it will eventually be as successful as the other immunisations against diphtheria, whooping cough, tetanus, smallpox, poliomyelitis and tuberculosis.

The three cases of meningitis and one case of encephalitis were sporadic and seemingly unrelated. All made good recovery after treatment in hospital.

Hospital and Ambulance Arrangements for Infectious Diseases.

Hospital accommodation for infectious diseases is provided at Beaumont Hospital, Lancaster. Smallpox cases will be sent to the Ainsworth Smallpox Hospital near Bury. Ambulance transport is provided for all cases by the Westmorland County Council, and is based in Kendal.

The Hospital Services.

Our District lies in the area of the Manchester Regional Hospital Board, and most of the general needs of our local people have historically been met by the Westmorland County Hospital at Kendal. Some of the more specialised services have always had to be referred

NOTIFIABLE DISEASES TABLE.

DISEASE	Total	Ages											Admitted to Hospital	Deaths
		-1	1-	2-	3-	4-	5-	10-	15-	20-	35-	45-		
Measles	46	-	5	4	4	4	22	5	1	1	-	-	-	-
Acute Meningitis ..	3	1	-	-	-	-	2	-	-	-	-	-	-	-
Acute Encephalitis Post Infectious ..	1	-	-	-	-	-	-	-	-	1	-	-	-	-
TOTAL	50	1	5	4	4	4	24	5	1	2	-	-	-	-

to distant centres. That has always been understood and accepted by our local community.

In recent years there have been signs that our local folk may be forced to rely more on Lancaster, and less on Kendal. Some people think that Westmorland risks being left rather ill-served if the hospital services concentrate themselves on distant Lancaster and Carlisle. There is a lot of territory in between, and public transport limitations are making it increasingly difficult for outpatients and visiting relatives to get to those hospitals and home again the same day.

The other side of the story is the fact that modern science has caused the hospital services to become more specialised, with expensive equipment and highly trained staff. Yet our national political system has not been able to keep pace with the shortage of doctors and nurses, technicians and secretaries. Both money and manpower are falling short of the needs.

One special service which has caused us the greatest worry has been the provision of hospital beds for our elderly people. Not only for their own sake to be looked after somewhere near their homes, but also for the sake of their visitors, who are often elderly themselves.

Since the National Health Service started, a generation ago, our elderly people have gone into the geriatric hospital at Kendal Green as their first choice for a medium or long stay hospital bed. A few may have gone into Westmorland County Hospital for treatment of acute conditions, or perhaps to Lancaster or other distant centres for diagnostic assessment or some special treatment: but Kendal Green Hospital has been the mainstay for our local geriatric needs.

The hospital authorities' 1962 plans for closing Kendal Green Hospital were vigorously opposed by our Westmorland folk, with the result that it has been reprieved for a long time ahead, by refurbishing and plans for building extensions. This has provided a much better standard of comfort and service for the patients, and efficient working conditions for the staff.

TUBERCULOSIS TABLE.

Age Periods	NEW CASES				DEATHS			
	Respira- tory		Non-res- piratory		Respira- tory		Non-res- piratory	
	M	F	M	F	M	F	M	F
0 ..	—	—	—	—	—	—	—	—
1 ..	—	—	—	—	—	—	—	—
5 ..	1	—	—	—	—	—	—	—
15 ..	—	—	1	—	—	—	—	—
25 ..	—	—	—	—	—	—	—	—
35 ..	—	1	1	—	—	—	—	—
45 ..	—	—	—	—	—	—	—	—
55 ..	2	—	—	—	—	—	—	—
65 ..	—	—	—	2	—	—	—	—
Total ..	3	1	2	2	—	—	—	—

The number of tuberculosis patients on the register at the year end were:—

		1969.	1970.
Respiratory	...	20	24
Non-Respiratory	...	4	7
		—	—
		24	31
		—	—

HOUSING.

Under the Housing Acts your Council has a duty to consider the general housing conditions in your district, to ascertain whether any are unfit for human habitation, and to assess the need for further houses. You have powers to deal with substandard houses, powers to provide new houses for all classes, and various powers and duties in the management of your Council's estates. Good housing conditions are an integral part of public health.

Present Housing Position.

There were 7,649 inhabited houses at the end of the year. With an estimated population of 21,440 the average number of persons per house is 2.8, which is not a high figure. There were no cases of legal overcrowding within the strict definition of the Housing Act, which assumes that living rooms are used for sleeping purposes and that sexes can be segregated irrespective of age, health and family relationships.

A lot of houses in the Rural District are occupied by only one or two persons. The 1961 Census revealed that 816 houses contained only one occupier, and that another 1,735 houses had only two people living in them. Thus over a third of all the houses in the District would seem to be under-occupied for their size.

General Progress of Slum Clearance.

Westmorland as a whole made very encouraging progress in post-war slum clearance despite all the difficulties of the times. Since the campaign was resumed in 1948 well over 1,400 houses in the County have been dealt with by formal action under the Housing Acts. Most of them have been demolished or converted to trade use, but some of them have been reprieved by their owners undertaking to spend considerable money for comprehensive reconditioning up to modern standards.

In addition to those formal actions there have been a very creditable number of informal schemes for the renovation of substandard houses, either with the aid of improvement grants or entirely by private enterprise. The aim is to save a house whenever possible, but if it cannot be brought up to an acceptable standard of safety, decency and amenity, the sooner it is swept away the better.

In South Westmorland Rural District we successfully completed our 20 years postwar programme for dealing with 616 unfit houses. 326 of them were dealt with by formal condemnation action, and the remainder informally. Since then we have gone forward with the task of pruning out a few more decaying houses. The emphasis has now shifted towards improving those which can be saved and brought up to modern standards.

Circular 92/69 required your Council to furnish an estimate of slum clearance for the next four years period 1970-73. As we had completed our post-war programme, we estimated that there will probably be only about 3 houses per year needing formal condemnation action, as most others will be saved by informal reconditioning. The figure cannot mean very much, but such is the short term outlook estimate for the statutory return.

The following paragraphs in this slum clearance section analyse the actions taken during the current year, and are mainly for record purposes and statutory returns.

Closing Orders.

Housing Act, 1957. Section 18.

One closing order was made during the year. Three orders have not yet been complied with and are still on houses in occupation.

Undertakings not to use for Human Habitation.

Housing Act, 1957. Section 16.

One formal undertaking was accepted by your Council during the year. At the year end four of these houses were still occupied.

Undertakings to Execute Works

Housing Act, 1957. Section 16.

One undertaking was offered during the year. The number of outstanding at the year end was three.

Demolition Orders.

Housing Act, 1957. Section 17.

One demolition order was made during the year. At the year end there were three cases outstanding, but not occupied.

Clearance Areas.

Housing Act, 1957. Section 49.

There were none outstanding and none envisaged.

Improvement Grants.

If the process of natural decay is not allowed to go too far there are often opportunities for reconditioning to modern standards. Your Council offers considerable financial aid to owners for reconditioning houses. I hope that full advantage will be taken of these opportunities so that houses will not be unnecessarily lost and the architectural traditions of the district may be maintained. The maximum value of these grants was increased during 1969.

- Up to the end of the year 576 applications had been made for Discretionary Grants, and 536 were completed. Standard Grant applications totalled 459 of which 423 were completed.

Housing Building Programme.

Since 1948 your Council have built 925 houses, and another 1,749 houses have been put up by private enterprise.

Your Council are nearing completion of their current scheme at Burnside. At the year end 49 of the total 52 houses were occupied. In addition, a block of 24 semi-dependency flats for elderly people are scheduled to be completed and occupied in February 1971, and the Warden is already in residence: this is an excellent service for our present and future needs.

Private enterprise completed 144 new houses during the year. Conversions to existing houses produced 8 additional units.

Estimated Requirements for New Houses

The clamour for more new houses is still going on in South Westmorland. For Council houses alone there are 236 families on the waiting list. Private enterprise is still under pressure to build new houses and convert old buildings. I reckon that the total current demand is for about 100 to 150 additional houses, some of which may be provided by relets.

But the demand is perhaps not quite the same thing as the need for houses. I have already drawn attention earlier in this report to the gross under-occupation of existing houses in South Westmorland, which was revealed by the 1961 Census. There are other significant factors to take into account. The results of the 1971 Census may help to give us a clearer picture.

New Housebuilding Policy.

South Westmorland Rural District and Kendal Borough cannot afford to disregard each other's housing policy and achievements.

About two thousand Kendal commuters use South Westmorland as a dormitory. How many of these actually travel unwillingly is anyone's guess but I am sure that some of them would live in Kendal if they could get a house there.

If Kendal Borough does not expand fast enough, the pressures will remain noticeable in the surrounding rural district. This element of economic dependence on Kendal was underlined by Conferences to discuss matters concerned with local employment and the housing needs of the employees of local industries.

That industrial dilemma affects mainly those parts of South Westmorland Rural District which lie on the outskirts of Kendal or are within convenient commuting distance by motor-car or bus. But there is a wider question which has to be asked. How far is it desirable that our Rural District should be economically dependent on Kendal?

This is a question which rides high above the present artificial boundaries between Kendal Borough and our Rural District. We shall both be merged into one political unit after the proposed local government reorganisation in 1974, but the facts of economic geography will go on regardless.

There are a lot of factors to take into consideration. I have mentioned some of them in this report because I believe that one cannot divorce public health from the ways in which our own folk keep a roof over their heads and bread and butter in their mouths.

The Special Needs for Old People.

Both your Council and various charitable organizations have done a lot of good work in providing special houses for the elderly, but a lot more needs doing to keep pace with the increasing proportion of old people in the community.

I suggest that purpose-designed bungalows and ground-floor flats are still much needed, with low fittings, handrails, lever door-handles, easy gradient steps, and suchlike special aids for the elderly.

Housing Management.

Your Council owned 996 occupied houses at the year end, and housing management in the District is under the control of the Chief Public Health Inspector and Building Surveyor, an arrangement which is most satisfactory; it ensures that unsatisfactorily housed families, who are either in substandard dwellings or grossly overcrowded are not overlooked.

Selection of tenants for Council houses is done by a system which consists of an initial application form renewed every twelve months, and then the facts are checked when houses become available in the district required. A sub-committee chooses the tenants with the help of the local Councillors.

The rents of your Council houses vary from 59p to £2.65 per week, exclusive of rates, and the rateable values are between £23 and £76.

Rent Acts.

No action was taken during the year and no rent book entries were reported to be irregular.

No disrepair certificates were issued during the year.

Qualification Certificates.

Under the 1969 Housing Act, qualification certificates were introduced which, when granted, enabled landlords of tenanted property to receive a fair rent for their properties as assessed by the Rent Officer. During the year your Council dealt with 74 such cases.

Verminous Houses.

Three cases required action during the year.

Housing Nuisances.

During the year the following action was taken: 72 preliminary and no statutory notices were served. In no case was it necessary to seek an Abatement Order from the Court.

Dangerous Buildings.

Action was taken during the year in one case.

Dilapidated Buildings and Neglected Sites.

Public Health Act, 1961. Section 17.

Action was taken in 9 cases during the year, and a very worthwhile improvement is emerging.

Caravans.

There is now excellent legislation for controlling caravan sites. We were able to work in efficient co-operation with both Westmorland County Planning Authority and the Lake District Planning Board

for their respective areas within your Rural District. The result of that amicable combination of powers was the adoption of a very high standard of requirements for the siting, equipping and management of caravan sites.

By the end of the year, 92 caravan-site licences were in force. They covered a maximum total number of 1,916 caravans permitted on the sites, usually with seasonal restriction to between 1st March and 31st October in each year. 11 of those licences were for caravans for permanent habitation, a practice which we discourage unless there are very special reasons for such a substandard choice or necessity.

The road construction of the M.6 Motorway has caused a temporary influx of caravans for workers employed on the sites. These caravans are scattered about the farms throughout the district, but are fairly well controlled. There were 23 vans on 11 licensed sites, and these are steadily diminishing as the workers are moving away on completion of the Motorway.

We still feel the lack of sufficient overnight stopping-places for touring caravans. With our District on the fringe of the National Park, and lying on the main traffic routes which our visitors use, we have to suffer a lot of mess and risk of disease from caravanners who stop overnight on our highway laybys. These places get very fouled for most of the summer.

Over the last year there has been greatly increased pressure from private individuals for the release of land to set up a number of large seasonal caravan sites in your District, and but for the fact that planning permission has not been forthcoming a number of new sites would have been established.

Tented Camping.

100 tents are authorised on certain licensed caravan sites, but there are now no tented sites specifically licensed under the Public Health Act.

A few other unlicensed camping sites are scattered throughout the area, and some nuisance arises from casual campers' improvised sanitary arrangements and refuse disposal. Water is taken from polluted becks at their own risk.

A more permanent seasonal camping site for Girl Guides has been established at Lindeth on your western boundary. I welcome this development because Girl Guides and Boy Scouts have always kept up the highest traditions of camping conduct, and they set a fine example to other people.

WATER SUPPLIES.

The public water supplies are administered by the Lakes and Lune Water Board. Your Council continue to have a responsibility to check that the quality of the public water supplies is maintained safely for preserving the public health. Periodical tests are made on samples of water from consumers' taps, and some of the results are set out in Appendix A of this report.

Most of these public water supplies are treated by chemical sterilization, and some by additional methods, but no fluoride is added. The natural fluorine and radioactivity levels are low.

The principal source is upland surface water from the Lupton reservoirs, from which the distribution mains extend into the southerly parts of our District. There are also eight other smaller public local sources from springs, gravel beds and upland catchments, besides some supplementary bulk supplies abstracted from the Thirlmere and Haweswater aqueducts at Manchester Corporation Waterworks.

South Westmorland Rural District is fairly well watered as far as quantity is concerned. About 88% of the houses are now connected to some public water main. The remaining 12% have to rely on individual private systems from wells, springs, becks, and stored rain-water, which may not always yield as much water as the users would like.

The quality of the private water supplies is quite another problem. I suspect that many of them are unsatisfactory from time to time, particularly when wet weather affects their surface catchments and shallow wells. They are also vulnerable to foul drainage from new building developments uphill when private rights do not afford them full protection. I can do no more than warn the users that they drink the water at their own risk, have it tested for safety at suitable intervals, and boil it if they are still in doubt.

I have been most grateful for the help of the Engineer-Manager of the Lakes and Lune Water Board and his staff in dealing with the day-to-day questions which affect the public health. We shall also continue the excellent liaison with the local offices of the Ministry of Agriculture, Fisheries and Food, for the joint investigations and assessment of applications for grant-aided farm water supply scheme. I have been most grateful for the long-standing co-operation of the Ministry's Microbiologist and the other staff at the Regional Headquarters in Newcastle-upon-Tyne. It enables me to co-ordinate the safeguards to the public health as well as the agricultural interests.

General Distribution.

The Secretary of State requires me to state the number of houses and population in each of your parishes with water laid on and with water available from standpipes. The figures are set out in the table on an adjacent page.

PUBLIC WATER SUPPLY DISTRIBUTION.

Year ended 31st December, 1970:

Parish	Houses	Public Supply		Organised Private Supply		Other Private Supply	
		Laid on	Not Laid on	Laid on	Not Laid on	Laid on	Not Laid on
Arnside	810	806	—	—	—	4	—
Barbon	93	71	—	—	—	22	—
Beetham	577	576	—	—	—	—	1
Burton	379	379	—	—	—	—	—
Casterton	80	67	—	—	—	13	—
Crook	143	53	—	—	—	90	—
Crosthwaite	215	154	—	—	—	56	5
Dalton	27	26	—	—	—	1	—
Dillicar	25	—	—	—	—	19	6
Docker	14	—	—	—	—	13	1
Fawcett Forest..	13	—	—	—	—	13	—
Firbank	30	—	—	—	—	29	1
Grayrigg	56	35	—	—	—	21	—
Helsington	100	88	—	—	—	12	—
Heversham	210	210	—	—	—	—	—
Hincaster	46	46	—	—	—	—	—
Holme	311	311	—	—	—	—	—
Hugill	164	136	—	—	—	28	—
Hutton Roof....	55	47	—	—	—	8	—
Kentmere	40	—	—	—	—	40	—
Killington	40	—	—	—	—	40	—
Kirkby Lonsdale	578	522	—	44	—	12	—
Lambrigg	28	3	—	—	—	25	—
Levens	381	380	—	—	—	1	—
Longsleddale....	29	—	—	—	—	29	—
Lupton	55	46	—	—	—	9	—
Mansergh	29	—	—	11	—	18	—
Meathop & Ulpha	44	38	—	6	—	—	—
Middleton	43	—	—	—	—	43	—
Milnthorpe	598	598	—	—	—	—	—
Natland	160	160	—	—	—	—	—
Nether Staveley	231	214	—	—	—	17	—
New Hutton	65	32	—	—	—	33	—
Old Hutton	81	53	—	—	—	28	—
Over Staveley ..	211	197	—	—	—	14	—
Patton	17	17	—	—	—	—	—
Preston Patrick	125	113	—	—	—	12	—
Preston Richard	363	361	—	—	—	2	—
Scalthwaiteirigg..	38	28	—	—	—	10	—
Sedgwick	100	98	—	—	—	2	—
Skelsmergh	89	49	—	—	—	40	—
Stainton	107	102	—	—	—	5	—
Strickland Ketel	369	25	—	310	—	34	—
Strickland Roger	131	49	—	62	—	19	1
Underbarrow ..	124	75	—	—	—	49	—
Whinfell	22	—	—	6	—	15	1
Whitwell & Selside	55	25	—	—	—	30	—
Witherslack	148	106	—	—	—	42	—
	7649	6296	—	439	—	898	16

SEWAGE DISPOSAL.

The safe disposal of human sewage and other foul drainage has been recognized for thousands of years as one of the most important ways of protecting the public health. It is still particularly true today in our rural areas, with typhoid and paratyphoid fevers, salmonella and dysentery infections, and many primitive insanitary practices never far from the local scene.

South Westmorland Rural District is served by 20 separate public sewer systems and disposal works which deal with the foul drainage from the villages. The remainder of the District has to rely upon individual septic tanks, cesspools, or drainage into watercourses, and some of the more remote houses still retain privies, pails and earth-closets.

Your Council has pursued a progressive policy for extending the public sewerage systems to cope with the expanding development round most of the villages, and to improve or replace the existing sewage disposal works which were overloaded or worn out. Somewhat slower has been the bringing of organized public sewerage systems to villages and hamlets where more primitive conditions were becoming intolerable.

Even so, there will probably always be some settlements which cannot be linked up to the sewers of a larger place, and which do not justify a full-scale system of their own. Many of these can be safely served by group septic tanks where the soil is suitable for absorption of the effluent. Isolated houses must perforce depend on some such individual method of dealing with their foul drainage.

I am indebted to the Engineer for most of the facts set out in the sections of my report on sewage and public cleansing. I also record my appreciation of all his help and co-operation throughout the year.

Sewage Disposal Works.

Some of the public sewage disposal works need special comment this year, but others are working reasonably satisfactorily.

Carr Bank is now within sight of having a public sewerage system. Installation was commenced at the end of March, 1969, on a three years contract. The sewage will be pumped to the Milnthorpe disposal works, picking up the Storth system on the way. This will allow extension to the Storth sewers, and the abandonment of the primitive outfall on to the foreshore at St. John's Cross.

Natland has by process of time come to the top of the waiting list of villages without a public sewerage system. The more urgent needs of other villages caused your Council to defer Natland off and on

for more than 20 years. Thanks to the generally absorbent nature of the local gravel, and the diligent proper maintenance of private septic tanks, there has been no adverse effect on public health. The cost and inconvenience to the householders has however been rather tiresome, and I feel sure that your Council are grateful to them for their forbearance.

Your Council's scheme for constructing a public sewerage system for most of Natland village, and a sewage disposal works near Hawes Bridge, was submitted to the Ministry of Housing and Local Government for approval and loan sanction. An alternative disposal to Kendal sewage works was evaluated for comparison in the scheme, and a Ministry Engineering Inspector held an Inquiry during the year. It was decided that the Natland sewage shall be sent to the Kendal sewage disposal works. I hope that the work can be completed before local government reorganisation causes inevitable delays.

Heversham sewage disposal works are now overloaded with all the recent new housing development in that area, and the burden of farm effluents. Plans are being considered for abandonment of the Heversham works, in favour of pumping the sewage to the Milnthorpe works, and also taking in the Leasgill and Woodhouse Lane areas. It is proposed to do this in two phases, starting with the connection to the Milnthorpe works.

Burton urgently needs some remedy to cope with the present overloading of the disposal works, and to allow further residential development. Only planning policy is protecting the sewage disposal works from further overloading, as more and more people seek to develop private housing in Burton for its renaissance as a pleasant dormitory suburban village for both Lancaster and Kendal.

It is quite another matter how the sewage will be disposed of from both the present Burton village and its obvious potential expansion. Even today we no longer look within the narrow confines of traditional policy for having a part-time manned sewage works at the end of every little village. We have to think in wider terms, and look around to see where else could logically be joined together.

We do not have to look far from Burton, because the sewage disposal works at Holme are in a parlous state. Consideration is now being given to combining Burton and Holme in a new joint disposal works, or even picking them up in a wider comprehensive area scheme for pumping the sewage to the Milnthorpe disposal works. Certainly something will have to be done soon with the obsolete works at Holme.

Arnside sewage disposal is continuing its historical primitive estuary discharge, after little more than token treatment. Endmoor works are in need of replacement, and some others are well on their way. There are many years of work ahead to catch up with our needs, and keep pace with decay and development.

Crosthwaite is another area where a scheme has been prepared for the installation of a public sewerage system and small disposal works. At Sedgwick the plans have been deferred because the existing works are coping with the load, but new sewers may soon be laid.

A scheme has been prepared for Lupton, but difficulties have arisen over the choice of a site for the disposal works, and negotiations are still proceeding.

At Mealbank, a new sewer was constructed to take the waste washings from the Manchester Corporation Waterworks treatment plant for disposal into the public sewer system of Kendal Corporation. Advantage was taken to connect 14 Mealbank houses to this sewer, and it is hoped that another group of houses at the old mill can be added later.

At Levens the public sewerage system is to be extended to serve the Cotes area. This was the intention in the original plans.

After local government reorganisation it is hoped that a rationalised group sewage scheme may solve the problems at Endmoor, Summerlands, Gatebeck and Crooklands.

Your Council are occasionally asked to take over small sewer and disposal layouts constructed by private developers of equally small housing estates. I view some of these with caution about the long-term maintenance, but it may be a lesser evil than having to sort out a host of quarrelling neighbours each trying to avoid paying a share of the cost when things go wrong: blocked communal drains bring out the less attractive elements in human nature, and the law is sadly cumbersome to effect a quick remedy.

Future Programmes for Sewage Disposal.

Although your Council would wish to plan their future programme as far ahead as possible, for all their sewage schemes and replacements, they are no longer the sole arbiters of deciding the relative priorities between the various projects, nor in full control of when they should be carried out. The Rivers Authority now have a significant say in these matters.

Under the Rivers (Prevention of Pollution) Act, 1961, your Council have to seek the consent of the Rivers Authority to continue existing

discharges of effluent from the public sewage works. Conditions for the quality of these effluents are imposed, and time limits stipulated for achieving them.

It is quite obvious that some of our public sewage disposal works will require structural modifications or replacement to produce effluents of the required standard. It is equally certain that such demands will be reflected in the time limits to be imposed by the Rivers Authority. Therefore the list of relative priorities would seem to be best worked out in the closest collaboration with the Rivers Authority.

It would be unreasonable to accept the point of view that all priorities should be dictated by the Rivers Authority, and that the quality of existing effluents should be the sole criterion for shaping our future programmes of improvements and extensions to the sewerage systems of our District. There are other public health factors to be taken into consideration, including the provision of sewerage to areas which have not yet been served.

My advice to all parties is that these matters should be periodically discussed with the Rivers Authority to take into account all the changing scenes and developments throughout our Rural District. In this way we may be able to formulate our future programmes to please as many people as possible.

Water-Closets.

Most houses have their own water-closet, usually inside. Only about 124 privies and pails are still left in outlying parts of the District. Improvement grants and other inducements have helped to speed up the conversions, 55 were done during the year.

Public Conveniences.

Public conveniences are maintained in Arnside, Milnthorpe, Staveley and Kirkby Lonsdale. In all the conveniences constant supervision is required to deal with the public misuse to which they are subjected.

There is periodical agitation to secure a public convenience at Sand-side. Your Council is sympathetic to the need, but have not yet found a way to overcome the local difficulties. It seems possible that Sand-side may be near the line of the proposed Carr Bank to Milnthorpe sewer. If so, a public convenience might well be incorporated into the system.

Lavatories in Lay-bys.

I have become increasingly disquieted by the excremental pollution of the lands adjacent to most of the vehicle lay-bys on our main highway routes throughout Westmorland. In some places it is seriously jeopardizing the public health for the residents of the vicinity as well as for the travellers themselves.

The adequate signposting of existing public conveniences in our villages has now been supplemented by advance notices in the intervening highway lay-bys to tell people where to find the next set. Some of our more popular lay-bys may soon justify having public conveniences of their own, perhaps of the simple chemical type, if their proper hygienic maintenance could be arranged.

PUBLIC CLEANSING.

Refuse Collection.

The refuse collection service covers all except the most outlying parts in your District. In the more urbanised areas of the Kent and Lune valleys there is a weekly service. All pail-closets are also emptied weekly. Most of the remaining areas have a fortnightly collection.

When regular collections are not economical, it has been possible for the refuse lorries to make an occasional tour along certain defined routes to collect from isolated hamlets and farms, after prior notice to the residents. Not only has this service been much appreciated, but it has reduced the casual indiscriminate dumping of refuse in roadside pits and quarries.

Refuse Disposal.

Disposal of the collected refuse is carried out at two sites within your Rural District. Controlled tipping is our aim, but the occasional shortage of covering material, and the type of waste to be covered, sometimes make this difficult. Much time has to be spent on the sites to keep them as free as possible from nuisance.

The main site at Slackhead in Beetham is the best tip in our area: it has been used for a couple of decades, and has capacity for many years yet. It is beginning to present certain drainage problems, which may restrict its life.

Our only other tip is at Hutton Roof, a short-term site where some disused stone quarries are being filled. Lack of sufficient suitable covering material, and the shape of the quarries, create seasonal difficulties with flies breeding, so this tip is temporarily closed for quite long periods between spring and autumn.

We really need to find some new tipping sites. This is a tedious, fractionous quest, because no one relishes a refuse tip within sight or smell. Refuse disposal is one of civilisation's biggest headaches. It is becoming increasingly difficult to follow the archaeological traditions of rebuilding on top of it, or just losing it in out of the way places. I foresee the day when refuse disposal may be organised regionally, with long distance rail container haulage to places where land reclamation, or environmental restoration projects, favour a more positive attitude towards waste materials.

Negotiations are in progress to fill in the obsolete disused canal in the Sedgwick area. A similar filling with strictly controlled tipping of refuse was completed very satisfactorily by Kendal

Corporation some years ago, for over a mile of the canal bed throughout the built-up areas of the Borough, and out beyond the boundary into your own Rural District. I can commend the procedure.

Street Cleansing.

In the few areas where street cleansing is undertaken by your Council the streets are well maintained. The County Council undertake the remainder and maintain a similarly high standard.

FOOD HYGIENE

General Powers.

Your Council bear most of the statutory responsibility for safeguarding the public from foodborne disease. The main aim is directed towards securing proper and hygienic conditions for the manufacture, preparation and sale of food. The secondary aim is to trace and localise any outbreaks of disease which may occur in spite of preventive measures.

Precautions against Contamination.

Food hygiene is steadily improving throughout your area. Public opinion is well ahead of the law and most traders are aware of the fact. The good food trader does not need official instruction in basic cleanliness or the enforcement of legal minimum standards. He may welcome advice on technical problems, but his aim is how high he can get, not how low he can get away with.

The responsibility for safe food does not rest entirely with the trader as the housewife must play her part as well. Quite a lot of strange things happen to food between the shop counter and the dinner-plate, and the educational campaign has had to be carried into the home. Foodborne diseases, mild dysenteries and attacks of diarrhoea and vomiting are not infrequent in our homes and among our visitors. I am confident that higher standards will reduce these preventable diseases.

Food Trade Categories.

The Secretary of State requires me to furnish certain details about the categories of food trade carried on during the year. They are set out in the adjacent table.

Regulation 16 relates to the requirement for providing wash-hand basins, and Regulation 15 relates to the requirements for providing facilities for washing food and equipment used in food businesses.

Food Trade Categories

Category of Premises	Number	Number fitted to comply with Reg. 16	Number to which Reg. 19 Applies	Number fitted to comply with Reg. 19
Bakehouses	8	8	8	8
Butchers	12	12	12	12
Cafes and Snack Bars	29	29	29	29
Canteens (Schools and Industrial)	50	50	50	50
Confectioners	6	6	6	6
Fish and Chip Shops	3	3	3	3
Fruiterers, Greengrocers and Fish-mongers	5	5	5	5
Grocers and General Stores ..	54	54	54	54
Guest Houses and Bed and Breakfast Premises	170	170	170	170
Hotels (Licensed & Unlicensed) ..	17	17	17	17
Licensed Premises (Other than Hotels)	29	29	29	29
Motorway Stations	1	1	1	1
Clubs	2	2	2	2

Ice-Cream.

The following premises were registered under Section 16 of the Food and Drugs Act, 1955:—

Manufacture by cold mix, storage and sale	4
Storage and sale only	85

Prepared Meats.

Food and Drugs Act, 1955. Section 16.

The number of premises on the Register for the preparation of sausages, potted meat, preserved meat and pickled food was 12.

Liquid Eggs.

The Liquid Egg (Pasteurization) Regulation, 1963.

There are no egg pasteurization plants in the District.

Poultry Processing.

There are no poultry processing premises in the District.

Milk Registrations.

At the year end there were 37 registered distributors and seven registered dairies which were not dairy farms. No particular difficulties were met, and milk-round vehicles were generally maintained in good condition.

Pathogenic Organisms in Milk.

Routine biological and other test results on 124 samples taken by various Authorities, from sources in our area, continued to be passed to me. Special attention was directed towards the organisms of brucella abortus in the above samples. None were found.

Slaughterhouses.

Kendal public abattoir serves most of the District, and there are no private slaughterhouses in South Westmorland.

Condemnation of Other Foods.

The following foodstuffs were condemned during the year:—

Tomato purée	...	13,640 lbs.
Concentrated fruit juice	...	1,249 lbs.
Orange juice	...	24 pints
Chopped pork and ham	...	19 lbs.
Pressed tongue	...	36 lbs.

Method of Disposal of Condemned Food.

The Secretary of State requires me to describe the current methods for the disposal of condemned food. In this District it is by burial at Slackhead tip. But the tomato purée and fruit juice was incinerated at the local factory where they were made.

GENERAL INSPECTIONS.

Your Council employs one Chief Public Health Inspector and two additional Inspectors. The duties connected with building inspections, housing management and planning legislation have been progressively increasing in recent years.

I record high tribute and appreciation of the work of the public health inspectors throughout the year.

Offensive Trades.

There are no offensive trades in the District.

Factories.

There are 89 factories on the Register. 41 inspections were made and 7 written notices were served. No references were made to H.M. Inspector and none were received from her. No prosecutions were required. 15 informal notices were complied with.

There are no basement bakehouses in the District.

Three outworkers were notified to your Council by factory owners in the clothing trade. No action was needed during the year.

The register of factories has been completely revised and cross-checking with H.M. Inspector carried out.

H.M. Inspector of Factories has been sent details of your Rural District's administration of the relevant sections of Parts I and VIII of the Factories Act, 1961.

Factory Inspections.

Premises.	Number of Premises.	Number of		
		Inspections.	Written Notices.	Occupiers prosecuted.
Factories in which Sections 1, 2, 3, 4 and 5 are to be enforced by Local Authorities ..	—	—	—	—
Factories not included in (1), in which Section 7 is enforced by Local Authority	89	41	7	—
Other premises in which Section 7 is enforced by the Local Authority (excluding outworkers' premises)	—	—	—	—
Total	89	41	7	—

Cases in which Defects were found.

	Number of cases in which defects were found				Number of cases in which prosecutions were instituted
	Found	Remedied	To H.M. Inspector	By H.M. Inspector	
Want of cleanliness (S.1)	17	17	—	—	—
Overcrowding (S.2) ..					
Unreasonable temperature (S.3)					
Ineffective drainage of floors (S.6)					
Sanitary Conveniences (S.7)					
(a) Insufficient ..	3	3	—	—	—
(b) Unsuitable or defective	2	2	—	—	—
(c) Not separate for sexes					
Other offences against the Act (not including offences relating to Out-work)					
TOTAL	22	22	—	—	—

Offices and Shops.

Offices, Shops and Railway Premises Act, 1963.

This legislation makes provision for the safety, health and welfare of people employed in these premises. 137 visits were made during the year.

Nine written notices and 20 verbal notices were served for contraventions discovered. No accidents were investigated and reported to H.M. Inspector of Factories.

Type of Premises	Registered at year end	Inspected during year	Persons Employed
Offices	50	56	161
Retail Shops	59	39	201
Wholesale Shops and Warehouses ..	4	2	10
Catering establishments open to the public, canteens	43	40	130
Fuel Storage Depots	2	—	3
Totals	158	137	505

Common Lodging Houses.

There are no common lodging houses in your District.

Boarding Kennels.

Animal Boarding Establishment Act, 1963.

Four such places are on the register in your District. They were inspected and found to be satisfactory.

Pest Control.

Your District is covered by the South Westmorland Joint Pest Control Board. Regular visits are made to your refuse tips and sewers as well as to scores of private properties in your District. I look upon the systematic destruction of rats and mice as a very helpful contribution towards safeguarding the public from all sorts of unpleasant diseases carried by those animals.

Clean Air.

Informal action was taken in one case about quarry dust at Sandside.

Rag Flock Act, 1954.

There is one registration.

Compulsory Removals.

National Assistance Act, 1946. Section 47.

It was not necessary during the year to deal with any cases requiring removal, but some were under observation.

Such cases are extremely distressing to deal with and the course of compulsory removal is reserved to meet the emergencies of a last resort when all other methods of help have failed. Sometimes it is very hard to decide what is really in the best interests of the patient.

Public Mortuary and Post-mortem Rooms.

Your Council do not provide any public mortuaries or post-mortem rooms in the Rural District. Adequate facilities are available at the Westmorland County Hospital in Kendal by arrangement.

Crematorium

Your Council were exploring the possibilities of establishing a crematorium in the district by co-operation with neighbouring local authorities. I do not see much hope of success before local government reorganisation.

Laboratory Service.

The Public Health Laboratory Services at Preston and Carlisle provide the necessary facilities for most of our public health investigations.

APPENDIX A.

Laboratory Examination of Public Water Supplies.

Nature of Test.	Standards Max.	Barbon	Burnside	Caster-ton	Garth Row	Gray-rigg	Kirkby Lonsdale	Lupton Raw	Lupton Treated	Staveley	Garnett Bridge
Pr. Coli count 37° Faecal coli/strep Date sampled last	3-10	0 1/12/70	0 3/5/62	0 1/12/70	7 1/7/69	0 1/7/69	0 1/12/70	0 5/1/62	0 1/12/70	3 17/11/70	0 5/11/70
Character	—	Clear	Clear	Clear	Slightly Hazy	Clear	Clear	Hazy	Clear	Clear	Clear
Reaction	—	6.7	7.0 Less than	7.0	7.0	7.5	6.3	7.7	6.9	7.8	7.1
Ammonical N.	.041	Nil	.02	Nil	.02	Nil	.005	Nil	Nil	Nil	Nil
Albuminoid N.	.066	.04	.02	.015	.03	.04	.01	.06	.078	.005	.025
Total Solids.	1000	100	27	92	98	154	104	124	140	136	44
Hard-Total	300	42	19	62	40	120	70	74	75	100	18
ness { Carbonate	—	20	8	40	3	108	50	56	33	84	11
Non-Carb.	—	22	11	52	37	86	60	62	73	68	7
Chlorides	30	12	5	9	5	7	11	10	11	8	6
Nitrates	1.0	.86	—	1.54	—	.12	1.06	1.67	1.7	.30	.09
Nitrites	—	Nil	—	Nil	—	Nil	Nil	Nil	Nil	Nil	Nil
O2 Absorbed	1.0	.6	.5	.16	.56	2.44	.16	1.16	2.04	.08	.64
Heavy Metals	—	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Rainfall, 24 hours	—	.70"	Nil	.35"	Nil	Nil	.21"	.35"	1.06"	Nil	Nil
Date Sampled	—	12/5/64	19/6/61	29/9/70	3/7/61	17/9/68	24/9/68	2/4/64	11/11/69	17/9/68	6/10/67
Laboratory	—	Preston	Carlisle	Preston	Carlisle	Preston	Preston	Preston	Preston	Preston	Preston

Chemical analyses are expressed in parts per million.

